

That Weak Back

Accompanied by pain here or there—extreme nervousness—sleeplessness—may be faint spells—these are signs of distress for a woman. She may be growing from girlhood into womanhood—passing from womanhood to motherhood—or later suffering from that change into middle life which leaves so many wrecks of women. At any or all of these periods of a woman's life she should take a tonic and nerve prescription for just such cases by a physician of vast experience in the diseases of women.

DR. PIERCE'S Favorite Prescription

has successfully treated more cases in past forty years than any other known remedy. It can now be had in sugar-coated, tablet form as well as in the liquid. Sold by medicine dealers or tried by mail on receipt of 50 cents in stamps.

Miss Elizabeth Loftholm of Berkeley, Cal., in a recent letter to Dr. Pierce said: "I was completely broken down by health, I was eating and had pains all over my body and was so nervous that I could scream if anyone talked to me, but I had the good fortune to meet a nurse who had been cured by Dr. Pierce's Prescription. I have never had an occasion to consult a physician since—am in excellent health."

Dr. Pierce's Pleasant Pellets regulate stomach, liver and bowels—sugar-coated, tiny granules

Why He Missed It.

While travelling on a steamboat, a notorious card-sharper, who wished to get into the good graces of a clergyman who was on board, said to the reverend gentleman:

"I should very much like to hear one of your sermons, sir."

"Well," replied the clergyman, "you could have heard me last Sunday if you had been where you should have been."

"Where was that, then?"

"In the county jail," was the answer.

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

Public Pests.

The Woman Who Never Has Her Change Ready.

Have you ever noticed how many women go to a ticket window in the subway or on the elevated, ask for their ticket and even expect to have it in their hands, before they begin to look for the nickel to pay for it?

Have you ever waited in line while a woman in front of the ticket seller opened her shopping bag, took out her handkerchief, groped for her pocket-book and, when she found it, fumblingly searched through its compartments for a five-cent piece?

A woman is unfortunate in having no convenient pocket that she can dip into for small change. Her money is usually inside something that is inside something else. But isn't this all the more reason why she should have the consideration and forethought to get out her change in advance in order not to delay others?

Needless to say, the woman who holds up the line at the subway ticket office does the same thing when she buys theater seats or railway tickets. Here is a prominent place among public pests.

Where Living Is High.

Those who complain of the high cost of living would have reason for a much more pronounced howl if they lived for a short time in La Paz in Lower California. Butter is never sold for less than 65 cents a pound and during the seven hot months of the year fresh vegetables are not at all obtainable. Ice which is manufactured in La Paz sells for two dollars a hundred.

Sadly Handicapped.

"Yes, my wife has one of those throat colds. She can't speak an audible word."

"As bad as that?"

"Yes, indeed; I got home late the other night."

"Well."

"All she could do was to wave her arms and make faces."

Poor Trait of Human Nature.

Most people enjoy hearing their enemies roasted more than they do hearing their friends' praised.

SAFE TO GO TO FUNERAL

Diplomatic Reasoning That Should Have Reassured the Ambassador in a Dilemma.

At the death of the duke of Wellington the whole diplomatic corps in London was invited to the funeral at St. Paul's. The French ambassador, on receiving his invitation, was very much upset. He hurried off to his colleague of Russia, Baron Brunow, and confided to him the difficulty in which he was placed.

"The queen," he said, "expects us to go to St. Paul's to the funeral of the duke of Wellington. How can I go, considering the injuries which the duke inflicted on my country? What shall I do?"

Baron Brunow listened gravely to his colleague's exposition, and then replied:

"As the duke is dead," he said, "I think you can safely go to the funeral. If you were asked to attend his resurrection, I should say refuse the invitation."

Water on the Brain.

Aprons of a railroad's recent omission of the usual dividend, Thomas W. Lawson said at a luncheon in Boston: "Watered stock is at the base of all our financial troubles. Our ideal of a financier in the past seemed to be a good stock waterer."

Mr. Lawson brought his first down on the table vehemently.

"I wish," he said, "that retributive justice would overtake some of these fellows. I wish they'd be attacked with hydrocephalus."

Taking No Chances.

"Captain," said a wealthy passenger who was about to take his first trip across the ocean, "I understand this ship has got several watertight compartments."

"Yes, sir," was the reply.

"Certain," the passenger went on, decidedly, "I want one of those compartments—I don't care what it costs."

The Color Line.

"What do you think of pencilling one's eyebrows?"

"That's where I draw the line."

ANOTHER COFFEE WRECK

What's the Use When There's an Easy Way Out?

Along with the coffee habit has grown the prevalent "American Disease"—nervous prostration.

The following letter shows the way out of the trouble:

"Five years ago I was a great coffee drinker and from its use I became so nervous I could scarcely sleep at all nights. My condition grew worse and worse until finally the physician I consulted declared my troubles were due to coffee.

"But being so wedded to the beverage I did not see how I could do without it, especially at breakfast, as that meal seemed incomplete without coffee.

"On a visit, my friends deprived me of coffee to prove that it was harmful. At the end of about eight days I was less nervous, but the craving for coffee was intense, so I went back to the old habit as soon as I got home and the old sleepless nights came near making a wreck of me.

"I heard of Postum and decided to try it. I did not like it at first, because, as I afterwards discovered, it was not made properly. I found, however, that when made after directions on the package, it was delicious.

"It had a soothing effect on my nerves, and none of the bad effects that coffee had, so I bade farewell to coffee and have used only Postum since. The most wonderful account of the benefit to be derived from Postum could not exceed my own experience."

Name given by Postum Co., Battle Creek, Mich. Write for a copy of "The Road to Wellville."

Postum now comes in two forms: Regular Postum—must be well boiled.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds. "There's a Reason" for Postum.

RECIPES FOR SWEETS

CHIEFLY FROM FOREIGN COUNTRIES, AND ALL GOOD.

Ratau Cake Extremely Popular in Both Germany and France—Golden Bread of Portugal Declared to Be Delicious.

Ratau or Dadau Cake.—In Germany and France this cake ranks as high as the better known French brioche and the English bath bun. The ratau cake has held its place in culinary history for three centuries and more. It may be prepared with but one dough or with two, similar to the brioche. The finest ratau cake made of the two doughs differs from the brioche in the more equal distribution of its pores, rising like a sponge cake in minute uniform bubbles. The brioche is partly flakey and rises in layers. The Germans vary the preparations of this favorite cake, principally by the addition of currants, raisins, pounded almonds, candied orange peel and spices.

Savoy Cake.—This is a sponge cake mixture called by the French Biscuit de Savoie, Naples biscuits or ladies' fingers, and in a variety of forms is familiar to most of us. These biscuits are fine light cakes composed of eggs, the whites whipped to a stiff white froth, sugar and flour of finest quality and flavoring being added. With but one or two exceptions no fat, except that contained in the egg yolks, is added to the mixture.

The baking of these cakes is all important. They must never be really brown, but remain a pale yellow color. To secure this result with certainty the outside of the biscuit is protected by a thick glaze of finely powdered white sugar. When baked in a mold, the latter is first well buttered, and then glazed with powdered sugar.

Gateau des Rois.—This is the most renowned of the cakes of France. It is essentially a butter dough cake, although the term means almost anything in the pastry line, from a cream pie to an ornamental tall cake for a party.

Portuguese Pau d'Ouro, or Golden Bread.—In refined Portuguese homes you may be served with a delicious biscuit of cake bearing the above name. It is similar to our sunshine cake, no butter or milk being used. This cake is not cut, when served, but the lady or daughter of the house breaks it with her fingers into neat cubes about two inches square.

Kugelhaupt.—This is the German counterpart of the French baba, and variation is obtained by the addition of raisins or almonds, candied orange peel, dried cherries or cinnamon. It may be served hot as a dessert as baba au rhum, or with a German sauce made of apricot jam, diluted with lemon juice, or a German custard and wine sauce.

Try Brioche With Your Tea.

When your palate refuses more sweets and sandwiches have grown tiresome you can turn to these brioche cakes, which are served hot and buttered, at many good tea houses.

The recipe: Add one-fourth cupful of sugar to one cupful of scalded milk. When lukewarm add one-third yeast-cake softened in warm water, then add one and one-half cupful of flour and let rise. When bubbly, add two eggs, beaten, one-fourth cup melted butter, one-fourth teaspoonful of salt, the grated rind and juice of half a lemon and one and one-half cupfuls more flour. Cover and let rise until light. Mold on a board to horse-shoe shape and let rise again. Bake twenty minutes in a moderate oven.

Rinse Out Starch.

Starch cracks and rots linen and for this reason do not put wearing apparel away starched. Rinse the articles free from starch, dry, fold away in blue paper. This will prevent their coming forth in the spring yellow and the fabric broken.

Pulled Molasses Candy.

One-fourth cupful of butter, two cupfuls of granulated or coffee sugar, one and one-half cupful of boiling water. Mix all ingredients and boil without stirring until it forms a soft ball in cold water. Turn into a buttered platter and fold toward the center so it will not harden. When it can be handled, pull until light, working in any desired flavoring. Cut with the scissors and roll in squares of waxed paper.—Delineator.

Georgia Sweet Potatoes.

Take large sweet potatoes, boiled; remove jacket, slice, put in pan, liberally spread with butter; sprinkle with powdered sugar, brown quickly, and serve with lemon juice. Excellent if served right.

Recipe for Walnut Pudding.

One-half cup walnut kernels, chopped fine; two eggs, small piece of butter, one-half cup milk; two cupfuls flour, one cupful sugar, two small spoonfuls baking powder; if wanted richer, use more eggs and butter.

"CASCARETS" FOR SLUGGISH LIVER

No sick headache, sour stomach, biliousness or constipation by morning.

Get a 10-cent box now.

Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and foul gases—turn them out to-night and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret to-night straightens you out by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken. Adv.

Unlucky Result.

"They seem to have quarreled." "Yes. I am afraid their marriage has thrown them together too much."—Judge.

SAGE TEA AND SULPHUR DARKENS YOUR GRAY HAIR

Look Years Younger! Try Grandma's Recipe of Sage and Sulphur and Nobody Will Know.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome.

Nowadays we simply ask at any drug store for "Wyeth's Sage and Sulphur Hair Remedy." You will get a large bottle for about 50 cents. Everybody uses this old, famous recipe, because no one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy and you look years younger.—Adv.

But the man who lives a double life often has to do two men's work.

Identifying Him.

Attorney General McReynolds came to town the other day and paid a call upon a physician who hails from Tennessee, says the New York Tribune. The physician was out, and as Mr. McReynolds had no card with him he left his name and title with the English footman.

When the physician returned he was informed that there had been a caller. "I can't remember his name, sir," said the footman, "but he was a member of parliament."

B-z-z.

First Bee—Who is that strange-looking insect in our midst?

Second Bee—Why, don't you know? He is the latest thing in the bug line. He has taken the place of the horsefly. That's Weary Rivets, the automobile bug.—Chicago News.

A lot of girls who pose as candy kids develop into lemon drops later.

Sprains, Bruises Stiff Muscles

are quickly relieved by Sloan's Liniment. Lay it on—no rubbing. Try it.

Ankle Sprain and Dislocated Hip.

"I sprained my ankle and dislocated my hip by falling out of a third story window. Went on crutches for four months. Then I started to use your Liniment, according to directions. I must say it is helping me wonderfully. We will never be without Sloan's Liniment anymore."—Chas. Johnson, Lewiston, N. Y.

SLOAN'S LINIMENT

Kills Pain

Splendid for Sprains.

"I fell and sprained my arm a week ago and was in terrible pain. I could not use my hand or arm until I applied your Liniment. I shall never be without a bottle of Sloan's Liniment."—Mrs. H. B. Springer, Elizabeth, N. J.

Fine for Stiffness.

"Sloan's Liniment has done more good than anything I have ever tried for stiff joints. I got my hand hurt so badly that I had to stop work right in the busiest time of the year. I thought at first that I would have to have my hand taken off, but I got a bottle of Sloan's Liniment and cured my hand."—William Wheeler, Morris, Ala.

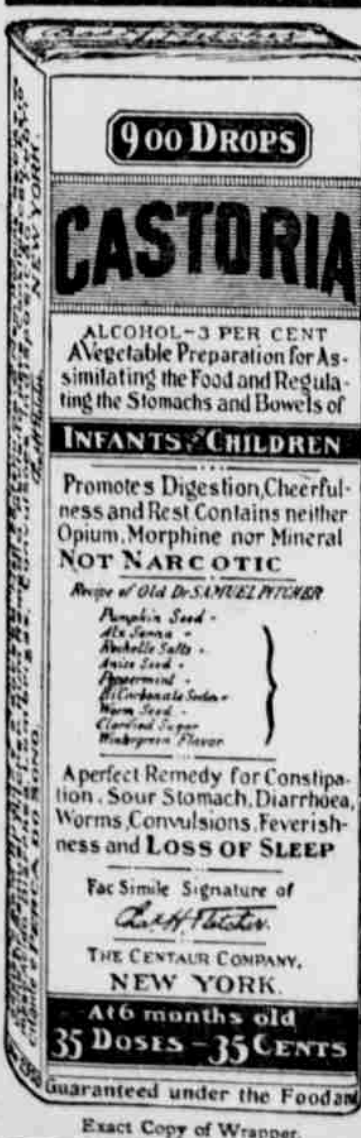
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FOR COUGHS AND COLDS

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to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations.

Bell's Eye Salve GRANULATED ITCHING LIDS